



Weight Loss Surgery For Dummies

Marina S. Kurian, Barbara Thompson, Brian K. Davidson

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Your trusted guide to surgical weight-loss

Sixty percent of individuals over the age of 20—or 58 million people in the U.S.—are overweight. As the obesity epidemic continues to grow, many Americans are researching the benefits and complications of weight-loss surgeries. *Weight Loss Surgery For Dummies*, 2nd edition is the most up-to-date and authoritative guide to understanding the impact of surgical weight-loss before, during, and after surgery.

Weight-loss surgery is often an overweight person's last resort, and it comes with many risks, questions, and fears. So how do you know if it's right for you? *Weight Loss Surgery For Dummies* gives you expert guidance on knowing whether you qualify for the procedures, advice on choosing the best center and doctor, and trusted information on evaluating the risks involved. Plus, it helps you plan to finance the procedure, prepare for surgery, and achieve the best results as you adjust to a new diet and lifestyle post-surgery.

- Trusted information on choosing a weight loss surgery that's best for you
- Advice on what to expect before, during, and after surgery
- Sample recipes and information to ensure you're getting proper nutrition post-surgery

If you or a loved one is considering gastric bypass surgery, *Weight Loss Surgery For Dummies* gives you everything you need to decide if it's the right course of action, what to expect during recovery, and how to ensure the best results through healthy eating behaviors and regular physical activity.

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This book entitled Weight Loss Surgery For Dummies to be one of several books which best seller in this year, here is because when you read this book you can get a lot of benefit on it. You will easily to buy this particular book in the book shop or you can order it through online. The publisher of the book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Smartphone. So there is no reason to you to past this publication from your list.

Jessica Bradburn:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their down time with their family, or their own friends. Usually they performing activity like watching television, planning to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Might be reading a book can be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the publication entitled Weight Loss Surgery For Dummies can be very good book to read. May be it can be best activity to you.

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